# History of Preterm Delivery (AK 32 -USDA 311)

**Explain to Participant**
You're enrolled in the WIC program today because you previously delivered a baby ≤ 37 weeks gestation. This increases your chances of delivering the baby you are carrying in this pregnancy prematurely.

**Goal**
The goal is to carry this pregnancy at or longer than (≥) 37 weeks gestations.
A balanced diet will help you stay healthy during this pregnancy, to prevent a preterm delivery and help your baby grow.

**Suggestions for Reducing Risk**
Follow the recommendations of your health care provider.
See your doctor regularly to monitor your pregnancy.
Explain the nutrition education material suggested.
Eat 3 meals a day plus 2-3 healthy snacks, and take prenatal vitamins daily.
Avoid junk foods, which are generally high in calories and low in nutrition.
Avoid alcohol, tobacco and drugs.
Eat a variety of foods from all the food groups every day.
Drink 8 glasses of water every day.

Nutrition Education Material Suggested
**Foundation for Fitness…for your Special Delivery**

**Explain Applicable WIC Foods**

| WIC Foods | Nutrients Provided |
| --- | --- |
| Milk | Calcium, Vitamin A, Protein |
| Cheese | Calcium, Vitamin A, Protein |
| Eggs | Protein |
| Beans or Peanut Butter | Protein, Iron |
| WIC Juice | Vitamin C |
| Cereal | Iron |

**Explain What the WIC Nutrients Can Do for You!**

**Calcium** Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
**Iron** Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
**Vitamin C** Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
**Protein** Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
**Vitamin A** Helps keep your skin healthy and smooth. Helps you see at night.

**Materials with More Information**
Blue Ribbon Babies Eating Well During Pregnancy
Folic Acid- Did you get your folic acid today?